

# Self-isolation and living with others



If you are sick or have been in contact with someone who has COVID-19, you may be told by your doctor to self-isolate. **Self-isolation** means staying at home or in a hotel room and not leaving unless it's an emergency. Self-isolating when you live with a big family is hard, so AH&MRC has created a checklist to provide you with some tips to keep your household healthy.

## Checklist

### Your room



- Try and stay in your own room as much as possible, make it your sanctuary.
  - Read books, write, watch tv shows or movies, listen to music and stay connected to your mob using your phone.
- If possible don't share your room with others, especially Elders or people with a chronic health condition.

### Your shared areas



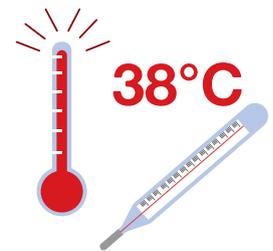
- Keep a safe distance of 2m (two big steps) between yourself and others in the household.
- Avoid shared areas like the kitchen and shared household items (e.g. tv remote) as much as possible.
- Take your towel and toothbrush into your room after use.

### Your hygiene



- Wash your hands with soap and water properly for at least 20 seconds.
- Cough or sneeze into your elbow or a tissue. Throw the tissue in the bin straight away after use.
- Wear a mask, if you have one, when in shared parts of the house.
- Use separate towels and bedding to other people in your household.

### Your symptoms



- If you have COVID-19 symptoms, monitor them closely and call your AMS if you have any concerns.
- In a health emergency call 000 for an ambulance.
- If your symptoms are less serious call Healthdirect for free on 1800 020 080 (24/7 number) or your local AMS to speak with a Health Care Worker.

Let's keep our community safe, strong and healthy.

Please visit [health.nsw.gov.au](https://health.nsw.gov.au) for the latest information on COVID-19.



# How to help someone self-isolate if you live with them checklist



Here is a checklist of things you can do to help your housemate / family member during this time if they need to self isolate:



Wipe down surfaces including door handles, light switches etc. at least twice a day



Wipe down household items e.g. game controllers and remotes every day.



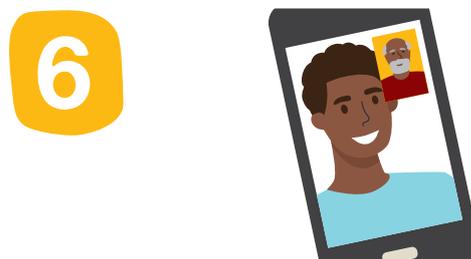
Wash dishes using a dishwasher or with dishwashing liquid and hot water.



Offer to help by bringing them food, medicine or help with other activities such as cooking, cleaning or doing laundry.



Wash laundry at the warmest temperature (check the tag) and dry using a dryer or hang in the sun until completely dry.



Isolation can be lonely so check in with your housemates, family and friends regularly through phone or video call to see if they feel like having a yarn.

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